

**The Lazy  
Person's Guide  
To Flower,  
Herb,  
Fruit, Nut  
And Vegetable  
Gardening**

**Second Edition**

**Greg Dinneen**

# **TITLE PAGE**

## **THE LAZY PERSON'S GUIDE TO FLOWER, HERB, FRUIT, NUT AND VEGETABLE GARDENING**

**Second Edition**

Copyright © 2009, Greg Dinneen.

Second Edition Copyright © 2015, Greg Dinneen.

*All Rights Reserved.*

Written and Published by Greg Dinneen.

Distributed by Smashwords.

ISBN: 9781311156860

For more of my eBooks please see my Smashwords Profile at:

<https://www.smashwords.com/profile/view/LactoVegan>

My Blog:

<http://www.lacto-ovo-vegan.blogspot.com>

You can also Download PDFs, of some my pamphlets, from:

<https://sites.google.com/site/vegetarianinformationcenter>

## **DISCLAIMER**

Information in this eBook, is my personal opinion, and is not to be taken as professional advice.

Or, as a substitute for professional advice.

People seeking professional advice, should do so from appropriate, professional people.

## **EXOTICS WITHOUT WATERING**

For the 12 months, July 2010 to June 2011, I used 3,000 litres of water.

8.2 litres of water per day.

For everything.

For inside and outside my house.

Including, washing, drinking, cooking, . . .

And, for my pot plants.

And, for my indoor and outdoor exotic gardens.

Target 155 would have been 56,000 litres per year – not 3000 litres.

# CHOOSING PLANTS

You can grow plants that:

- 1: are pretty or nicely scented;
- 2: produce food that is  
expensive to buy  
or hard to keep fresh;
- 3: look after themselves;
  - a. do not need watering;
  - b. do not need feeding;
  - c. outgrow the weeds;
  - d. are disease and pest-proof or resistant.

Many plants have one or two of these characteristics.

Some, once established, like Almonds, Apricots, Other Fruit Trees, Currents, Figs, Loquats, Raspberries and Roses have all three.

Some trees that drop their leaves in the winter, like Apricots and Plums, can be planted close to your house.

They can provide shade during the summer and let the sun shine through in the winter.

Scented plants, like Lavender, can be planted under clothes lines so your clothes brush against them as they dry.

And, outside windows so the scent blows into your house.

And, a pretty herb garden can be planted so that you can see it through your kitchen window.

# **EASY FLOWER GARDENING**

Millions of flowering plants live well without human help.

Indeed, millions of plants live so well that people call them weeds.

For flowers grow bulbs, tubers, corms, rhizomes and succulents.

A combination of Dahlias, Tree Dahlias, Jonquils, Daffodils, Freesias, Dutch and Bearded Irises, and Lilliums, can provide flowers most of the year.

Agapanthus, Alliums, Crocus, Gladioli, Grape Hyacinths, Lily-Of-The-Valley, Scilla [Bluebells], Snowflakes, and Tulips, can also look after themselves without watering.

In warm climates dormant Tulip bulbs might need refrigerating, each year, to keep them flowering.

Other flowers that look after themselves include: Azaleas, Cannas, Carnations, Daisies, Dianthus, Fuchias, Gazanias, Geraniums, Gerberas, Pansies, Pineapple Sage, Portulaca, Rhododendrons, Roses.

## **FLOWERS YOU CAN EAT**

Flowers you can eat include Broccoli and Cauliflower.

As well as, Dandelion, Nasturtiums, Pumpkin Flowers, Roses, Violets.

Bergamot, Curry Plant, Rosemary, Sage, Oregano, Thyme are pretty flowering herbs you can eat.

## **EASY FOOD GROWING**

Vegetables such as Broad Beans, Snow Peas, Jerusalem Artichokes, Potatoes, . . .  
And, fruits such as Cape Gooseberry, Tomatoes, Pumpkins and Zucchini, grow easily.

For green vegetables you can grow Carrot Tops, Chicory, Mint, Turnips.  
And, Nasturtiums, Parsley, Parsnips and Rocket, which all self-seed easily.

Plant Broad Bean seeds in the autumn.  
No need to water them – just let the rains water them in.

Rhubarb and Asparagus are easy to grow perennials.

So are many herbs such as: Aloe Vera, Curry Plant, Mint, Parsley, Rosemary, Sage, Stevia, and Thyme.  
Stevia leaves are a very sweet sugar substitute.

### **FRUIT**

For fruit plant Raspberries.

For fruit and nuts plant the trees that grow easily.  
In my area that includes, Almonds, Apples, Apricots, Cherries, Figs, Feijoas, Loquats, Plums, Roses, Tamarillos.

A combination of Apples, Feijoas, Figs, Loquats, Raspberries and Tamarillos, can provide fruit all year.

In warm areas Oranges and Mandarins can provide fruit all year.  
In cooler areas so can Lemons.  
Meyer Lemons are relatively sweet.

# HERBS

Many herbs grow easily.

Plant Chives and Mints in damp parts of your garden.

Lemon Grass and Parsley in moderate areas.

Curry Plant, Marjoram, Oregano, Rosemary, Sage, Thyme in dryer areas.

## EDIBLE WEEDS

Edible weeds like Anise, Chickweed, Clover, Dandelion, Dock, Milk Thistle, Three Cornered Garlic, Pig Face, Prickly Lettuce, Purslane And Seaweed can have far more vitamins, minerals and other nutrients – and pest and disease resistance – than cultivated Lettuce.



## WEED AND FEED

Weeding is not the most popular pastime in a garden.

So I think of weeding as mulch collecting on a sunny day.

Just toss the weeds, with their roots and soil still on, into large garden pots, finish off with a layer of soil and then plant herbs in the pots.

Or, put potatoes on the ground, near a fruit tree, and cover them with weeds.

As the potato bushes grow you can add more weeds but do not smother all of the new growth.

And, tomato bushes grow well if planted on the edge of a weed pile.

## **BREEDING PLANTS**

Many herbs grow easily from cuttings.

Just pinch off a few inches of growing tip.

Pull off all but a few pairs of the leaves.

Then plant directly, in a wet season, or keep watered in a garden pot until established.

Other plants, that grow easily from cuttings, include Azaleas, Bay Trees, Currents, Curry Plant, Dahlias, Tree Dahlias, Geraniums, Feijoas, Figs, Fuchias, Mints, Oregano, Pelargoniums, Rosemary, Sage, Tamarillos, Thyme, Tomatoes.

## **IF YOU LIKE FLOWERS BUT DO NOT ENJOY GARDENING**

Just plant the easiest plants.  
And, forget about it.

Bulbs, succulents, herbs and flowers that like dry conditions.  
Shrubs like camellias.  
Some fruit and nut trees.  
And, ground covers to provide dense shade to crowd out weeds.

## **KEEPING VEGETABLES FRESH – THE FRUIT SHOP GARDEN**

For an instant vegetable garden go to a market or fruit shop.

Buy any healthy, disease free plants that still have their roots on.  
Herbs, Carrots, Parsnips, Onions, Swedes, Turnips, Beetroot.

Take them home and plant them in your garden or in large pots.

Take off most of their leaves, to balance their loss of finer roots, and water them in.

This is also a way of buying vegetables and keeping them fresh.

# **INDOOR GARDENING**

Indoor plants can make you feel good just by looking at them.

Indoor plants can be decorative, scented and functional.

Indoor plants can oxygenate and clean the indoor air of toxins.  
Dry and deodorize a damp house and air.

Flowers, such as Boronia, can beautifully scent your home.  
And, you can grow sprouts, seedlings and fungi to eat.

## **HOW MANY PLANTS**

The more the better – light and space are the only limits.

## **POSITION FOR SUNSHINE**

Plants need light so put plants on sunny windowsills.  
Or, where the sun will shine directly onto them for some time each day.

## **PLANTS THAT LIKE SHADE**

Choose plants that grow easily, in shade, and that you find pretty.  
That can look after themselves when you go on holidays.  
Some plants, such as mints and wandering dew, grow well in shade.

## **SUCCULENTS ARE EASY TO GROW AND LOOK AFTER**

Succulents, "Cacti Without Prickles", like Aloe Vera and other Aloes, Echeverias, Haworthias, Mesembryanthemums, Sedums and Sempervivums – grow easily indoors on a sunny windowsill or where direct sunlight comes in.

Most succulents are perennials that can live in the one pot for years and need little watering and feeding.

Many succulents, like Aloes and Haworthias, are disease, parasite, rat and mouse resistant.

## **PREVENTING DISEASES**

Buy healthy, disease resistant plants from reliable suppliers.

And, quarantine new plants, by keeping them in a separate room, until you are sure that they do not have diseases, insects or parasites.

## **TREATING DISEASES**

Move diseased plants so they cannot pass the disease on to other plants.

Stainless steel pots can be sterilized by boiling water in them.

Plastic pots can be washed.

# **WATERING AND FEEDING WHILE ON HOLIDAYS**

Succulents do not need much watering or feeding.

I do not water, or feed, mine at all during the three winter months.

And, in summer, after a heavy watering, succulents can look after themselves for up to a month or so.

## **FEEDING**

Indoor plants are more likely to get diseases and to die from overfeeding than underfeeding.

If you are using garden soil, in your pots, changing the soil in the pots for fresh garden soil, once per year, could be enough feeding.

And you can mix in long life food, like mulch, compost, weeds or seaweed, with the salt washed off.

## **WATERING**

If using tap water you can filter it to help prevent salt build-up.

If you use the filtered water, to rinse fruit juice bottles with first, then it can feed the plants too.

## **SALT BUILD UP**

Salt can build up on the surface soil in pots.

This can be prevented by using filtered water.

If salt builds up, remove the salted soil and replace it with fresh soil.

Or, you can submerge the pot in a bucket of water, or bath, to dissolve the salt away.

## **WEEDING**

Weeding can be done by hand while you are admiring your plants.

## **BREEDING**

When a pot of succulents gets too crowded you can twist out the largest shoots or some side shoots. Leave the wounds to dry out and then plant them in new pots.

## **POTTING**

If you do not like potting then have slow growing plants.

Some succulents, like Haworthias and some Aloes, are slow growing and can live in the one pot for years.

I have had some slow growing, miniature succulents in the same 15 to 30 cm pots for 5 to 10 years.

### **POTTING MIXTURES**

I never buy potting mixtures.

I just put enough soil in the pot to cover the holes.

Then I add weeds, with the soil still on the roots, from my outdoor garden.  
This feeds the pot plants.

Then another layer of soil.

And, then the plant.

When re-potting I do the same.



## **CLEANING THE INDOOR AIR**

Pot plants can keep indoor air fresh and clean by reducing toxins such as benzene, formaldehyde, . . . and so on.

And, by releasing the oxygen from carbon dioxide.

### **BEDROOMS**

Many succulents release oxygen at night and so are good to grow on bedroom windowsills.

### **SCENTED PLANTS**

If scented plants, like Boronia, are placed in a pot by a window the scent can be blown throughout your house.

## **DECORATION – INDOOR FLOWERS ALL YEAR**

While succulents are pretty enough without flowers – they are even prettier with flowers.

Most Aloes flower in winter but some flower in spring and summer.

Some Echeverias and Sedums flower in autumn.

And, Portulaca Grandiflora, an annual, is covered with different coloured flowers in summer.

### **ALOE VERA**

Aloe Vera is very easy to grow as a house-plant.

The gel, in the leaves, is very good to smear on your skin for cuts, scalds and burns including sunburn.

## **PLANTING INDOOR-PLANTS OUT IN YOUR GARDEN**

If your house overflows with plants then some can be planted out, in late spring or summer, directly in your garden or in 30 to 50 cm pots.

If they are not frost tolerant plants then put the pots under the sunny side of trees.

Boronia can be planted outside a window so the scent blows in.

# **VEGANIC GARDENING versus ORGANIC GARDENING**

## **ORGANIC FERTILISERS**

Organic Fertilisers are made from:

- 1: blood and bone;
- 2: fish emulsion;
- 3: macerated [ground up alive] day old chickens;
- 4: chicken dung;
- 5: cattle manure;

and;

- 6: dairy waste.

## **VEGANIC FERTILISERS**

Veganic Fertilisers are made from plants, rocks, and synthetically.

Such as:

- 1: plant mulch;
- 2: rock phosphate;
- 3: synthetic urea.

And, naturally, by birds, wildlife, and pets, visiting your garden.

Veganic Fertilisers do not involve cruelty to animals.

## PLANT BASED DIETS versus VEGAN DIETS

**NOTE:** *I was a Vegan for 18 years.*

*I returned to drinking cows' milk and eating cows' milk yoghurt, 5 years ago, because of an accumulation of deficiencies, that I did not notice for the first 17 years.*

*People are not natural Vegans.*

*Indeed, no Simian, is a natural Vegan.*

*All Simians eat insects which are high in animal protein, animal fats, and vitamin B<sub>12</sub>.*

*Chimpanzees and Bonobos, the closest genetically to people, also hunt gazelles and monkeys.*

### VEGAN DIETS – FROM DETOX TO DEFICIENCY

Vegan, especially Raw-Vegan Diets, can be very good Detox-Healing Diets, in the short-term.

And, many people have had 'miraculous' cures of 'incurable' diseases by going on a Raw-Vegan Diet.

This is because Raw-Vegan Diets can be very good Detox-Diets.  
And, so the cures.

But, most people cannot be healthy, on a Vegan Diet, long-term.  
Because, Vegan Diets are intrinsically deficient Diets, for most people.

Which is why most Vegans use an ever increasing long list of supplements.  
Or, keep breaking out onto animal foods, because of cravings due to deficiencies.

Long-term, Vegan Diets can cause serious deficiency diseases.

Such as anaemia.

A tingling numbness in the finger tips, and ringing in their ears, due to serious nerve damage.  
And, bleeding gums, which can lead to tooth damage and loss.

So.

While I do think that a Diet, based on raw fruits, nuts and vegetables, is the best Diet.

Based is the key word.

Because if you do not eat some animal product – such as pasture-fed, milk, yoghurt, cheese, or, genuinely free-range eggs – eventually you will almost certainly get deficiency diseases.

Including damaged teeth and gums, anaemia, and nerve damage.

This nerve damage also can lead to depression, anxiety and panic-attacks.

# A HEALTHY PLANT-BASED DIET

For a healthy plant-based diet eat food from 6 groups:

- 1: fresh, raw fruit;
  - 2: fresh, raw or lightly cooked, in water, vegetables – including some green leafy vegetables;
  - 3: raw nuts, peanuts, other seeds, potatoes and other concentrated foods;
  - 4: seaweed for trace elements that are hard to get in land plants;
  - 5: some wild foods, such as apricot kernels and herbs like dandelion and milk thistle, that still have nutrients that have been bred out of domesticated plants;
- and;
- 6: some animal product such as skim, or low-fat, milk, yoghurt, cheese.

If you are lactose-intolerant, you can probably still digest some yoghurt, or the older, harder matured cheeses.

And, if you cannot digest grain-fed Cows' Milk, then you might be able to digest grass-fed Cows' Milk.

Which most of Australia's Cows' Milk is.

If you cannot digest A1 Cows' milk then you might be able to digest A2 Cows' Milk.

Or, Goats' Milk.

# **Meta-Analyses Of 300,000 To 400,000 People Show That People With The Highest Dairy Consumption Have A 13% Lower Overall Death Rate And 21% Fewer Strokes**

The Consumption of Milk and Dairy Foods and the Incidence of Vascular Disease and Diabetes:  
An Overview of the Evidence

Peter C. Elwood, Janet E. Pickering, D. Ian Givens, and John E. Gallacher

Lipids. Oct 2010; 45(10): 925–939.

From Their Abstract:

*“Meta-analyses suggest a reduction in risk in the subjects with the highest dairy consumption relative to those with the lowest intake:*

*0.87 (0.77, 0.98) for all-cause deaths,  
0.92 (0.80, 0.99) for ischaemic heart disease,  
0.79 (0.68, 0.91) for stroke  
and 0.85 (0.75, 0.96) for incident diabetes.”*

## **Meta-Analyses Of More Than 1 Million Women Show That Women With The Highest Total Dairy Intake Have 15% Less Breast Cancer**

Breast Cancer Res Treat. 2011 May;127(1):23-31. doi: 10.1007/s10549-011-1467-5. Epub 2011 Mar 27.

Dairy consumption and risk of breast cancer: a meta-analysis of prospective cohort studies.  
Dong JY1, Zhang L, He K, Qin LQ.

From Their Abstract:

*"We identified 18 prospective cohort studies eligible for analysis, involving 24,187 cases and 1,063,471 participants.*

*The summary relative risk of breast cancer for the highest intake of total dairy food compared with the lowest was 0.85 (95% confidence interval: 0.76-0.95), with evidence of heterogeneity ( $P = 0.01$ ,  $I^2 = 54.5\%$ )."*

*"For milk consumption, the summary relative risk was 0.91 (95% confidence interval: 0.80-1.02), and substantial heterogeneity was observed ( $P = 0.003$ ,  $I^2 = 59.7\%$ )."*



## **Study Of 3000 Women Shows That Women Who Drink The Most Skim Or Low-Fat Milk Have 46% Less PMS As Women Who Drink The Least**

Calcium and Vitamin D Intake and Risk of Incident Premenstrual Syndrome  
Arch Intern Med. 2005;165:1246-1252

PMS affects up to 85% to 90% of women.

And, some women, *“experience symptoms that meet the clinical definition of premenstrual syndrome (PMS), a disorder characterized by moderate to severe symptoms that substantially interfere with normal life activities and interpersonal relationships.”*

The Study involved 1057 women who developed PMS over 10 years of follow-up and 1968 women reporting no diagnosis of PMS.

RESULTS: (Table 3).

*“Participants consuming 4 servings or more per day of any type of milk had an RR of 0.68 compared with those reporting 1 serving or less per week.”*

*“Whole milk intake was associated with a modest increase in risk, while women who frequently consumed skim or low-fat milk had a significantly lower risk of developing PMS; the RR for women consuming 4 servings or more per day of skim or low-fat milk compared with those reporting 1 serving or less per week was 0.54.”*

*“The relationship between milk intake and risk of PMS did not vary by level of calcium or vitamin D supplementation.”*

## **Vegans Have 30% More Bone Fractures Than Vegetarians, Fish-Eaters And Animal-Eaters**

Comparative fracture risk in vegetarians and nonvegetarians in EPIC-Oxford.

European Journal of Clinical Nutrition. 2007 December;61(12):1400-6. Epub 2007 Feb 7.

Appleby P, Roddam A, Allen N, Key T.

Source: Cancer Research UK Epidemiology Unit, Nuffield Department of Clinical Medicine, University of Oxford, Oxford, UK.

The study, in the United Kingdom, involved 7947 men and 26,749 women aged 20-89 years. 19,249 meat eaters, 4901 fish eaters, 9420 vegetarians and 1126 vegans.

Compared with meat eaters, fracture incidence ratios were 1.01 for fish eaters, 1.00 for vegetarians and 1.30 for vegans.

FROM: <http://www.ncbi.nlm.nih.gov/pubmed/17299475>

# **HUMANE COMMERCIAL DAIRY FARMS**

You do not have to kill calves to get milk.

Indeed, with hormonally induced lactation, you do not even have to get cows' pregnant, for cows' to produce milk.

## **HORMONALLY INDUCED LACTATION**

Lactation can be induced, by a 7 day course of 17 $\beta$ -estradiol and progesterone.  
[7 days – compared to 20 years on the contraceptive pill for women!]

Milking can begin 2 to 3 weeks later.

Hormonally induced lactation is a proven, cost-effective technology.  
Hormonally induced lactation reduces costs, and culling, by even inducing barren cows into lactation.

And, reduces the number of calves bred, to the calves needed for replacement, or herd expansion.

## **SEX-SORTED SEMEN 90% FEMALE CALVES**

90% Female Calves, from using sex-sorted semen, means you will not have a lot of unproductive males to look after.

## **ROBOTIC MILKING**

Robotic milking enables cows to come into the dairy, to be milked, whenever, and as often as, they like.

Since some cows come in to be milked, too often, up to 11 times per day, you can program robotic milking to bypass cows who come back too soon.

Because the cows can be cost-effectively milked, more than twice per day, robotic milking increases milk production, by about 10%.

Milking more than twice per day, also reduces mastitis, and damage due to overfull udders.

## **NO-KILL, HUMANE DAIRY, IN THE US AND UK**

For more information, on No-Kill, Humane Dairy, in the US and UK, please see my Blog:

<http://lacto-ovo-vegan.blogspot.com>

[http://lacto-ovo-vegan.blogspot.com.au/p/blog-page\\_28.html](http://lacto-ovo-vegan.blogspot.com.au/p/blog-page_28.html)

[http://lacto-ovo-vegan.blogspot.com.au/p/blog-page\\_55.html](http://lacto-ovo-vegan.blogspot.com.au/p/blog-page_55.html)

# **HUMANE COMMERCIAL EGG PRODUCTION**

## **SEX-SORTING EGGS BEFORE INCUBATION**

The sex of a bird is determined by the egg – not the sperm.  
So sex-sorted semen cannot be used to prevent male chicks.

## **INFRA-RED IMAGING OF EGGS**

Fertilised eggs can be sex-sorted, before incubation, by using infra-red imaging of the eggs.  
And, so reduce the hatching of male chickens.

This has been done experimentally.

Currently, it is still too expensive for commercial use.

But, it soon could be.

The few males, who did hatch, could be left to free-range in orchards, where they could turn weeds, fallen fruit and insects into manure, for the 10 years or so, chickens live.

Eggs could be produced humanely by poultry in orchards.

With all poultry living a happy life, free-ranging all day in orchards, producing high-quality eggs, until they die of old age.

They would only be locked in sheds, with plenty of natural air and natural light, at night, for protection from foxes and feral dogs.

[Hens do not mind this as they sleep at night.]

For more information see my Free Ebook, “Poultry As Pets Hens, Ducks, Bantams, Muscovies, Free-Ranging In Your Garden”, at:

<https://www.smashwords.com/books/view/527131>

# **THE LONG-TERM DANGERS OF VEGAN DIETS**

For the long-term dangers of Vegan Diets, for all ages, and Cover-Ups, please Download and Read my PDFs, from:

<https://sites.google.com/site/vegetarianinformationcenter>

For the dangers of Vegan Diets for pregnancy, babies and children:

<http://naturalhygienesociety.org/diet-veganbaby.html>

For the long-term dangers of Vegan Diets for adults:

<http://naturalhygienesociety.org/diet3.html>

## ABOUT THE AUTHOR

I have always been a Veganic Gardener.

I do not use blood and bone, macerated day-old chickens, fish-emulsion, chicken dung from factory farms, . . . for fertiliser – as Organic Farmers and Gardeners do.

And, I became a Vegetarian about 45 years ago, because I like animals, and did not want to eat animals any more.

I was a Vegan for 18 of those years.

I then returned to drinking Cows' milk.

Because of damage to my teeth.

Something that is very common on Vegan Diets.

I am now a Lacto-Vegan.

Because that way I need the fewest animals to get animal products.

I only need 1 cow, to spend 1 to 2 years in a dairy, to supply me with 8000 to 16000 litres of milk, a lifetime supply of milk.

And, I want to refute the Vegan Anti-Milk Propagandists, who are harming people and animals.

Because most people, who try to become Vegans, become Ex-Vegans.

Often due to ill-health caused by their Vegan Diets.

And, then, because Vegan Anti-Milk Propagandists, have taught them that Dairy is as bad as, even worse than, Animal-Eating, most Ex-Vegans become Animal-Eaters again.

And, so most Ex-Vegans, because of what Organic-Vegans have done to them, lose their ideals completely, and go back to eating more than 1000 animals.

As well as eating Organic-Food, that has been fertilised with blood and bone, chicken-dung from factory-farms, and sprayed with fish emulsion.

Instead of becoming Lacto-Vegans.

And, drinking milk from just 1 Cow.

# THE VEGETARIAN INFORMATION CENTER

## **The Vegetarian Information Center**

provides free information on Vegetarian, Vegan and related matters.  
Including, Vegetarian Diets for dogs and cats.

Email:

[gregdinneen@yahoo.com](mailto:gregdinneen@yahoo.com)

Blog:

<http://www.lacto-ovo-vegan.blogspot.com>

You can also Download PDFs, of some my pamphlets, from:

<https://sites.google.com/site/vegetarianinformationcenter>

## BY THE SAME AUTHOR

For more of my eBooks,  
please see my Smashwords Profile,  
at:

<https://www.smashwords.com/profile/view/LactoVegan>

If you are a professional publisher,  
who would like to publish any of my ebooks,  
please email me.

[gregdinneen@yahoo.com](mailto:gregdinneen@yahoo.com)

You can also Download Free PDFs, of some my pamphlets, from:

<https://sites.google.com/site/vegetarianinformationcenter>

My Blog:

<http://www.lacto-ovo-vegan.blogspot.com>